



# Becoming an Outdoors-Woman Winter Workshop



Victory Bible Camp, Chickaloon, Alaska

March 6-8, 2015

Becoming an Outdoors-Woman workshops focus on learning outdoor skills. Workshop activities are balanced between hunting & shooting, fishing, and other outdoor activities. Workshops are designed primarily for women and are learning opportunities for anyone 18 years of age or older.

This program is for you if....

- You have never tried one of these activities but have hoped for an opportunity to learn.
- You are a beginner who wants to improve your skills.
- You know how to do some of these activities but would like to try your hand at new ones.
- You enjoy the camaraderie of like-minded individuals.



## Program Sponsors

### Alaska BOW Sponsors

Alaska Friends of the NRA  
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SCI Foundation  
SCI Foundation Sables  
UWSP College of Natural Resources  
UWSP Foundation Inc.

## Workshop Agenda

### Friday March 6, 2015

11:00 - 12:30 pm Check In  
12:30 - 12:45 pm Welcome  
12:45 - 1:45 pm Lunch  
2:00 - 5:30 pm Session I

- Firearm Safety
- Small Game Hunting
- Archery
- Moose Hunting 101
- Wildlife Tracking
- Pond to Pan
- Get Your Edge
- Dutch Oven Gourmet
- Ice Fishing
- Map & Compass
- Snow Machining
- Dog Mushing

5:30 - 6:30 pm Social Hour  
6:30 - 7:30 pm Dinner  
7:30 pm Evening Program



### Saturday March 7, 2015

7:45 - 8:45 am Breakfast  
9:00 - 12:30 pm Session II

- Rifle Markswoman
- Small Game Hunting
- Archery
- Field Dressing
- Trapping
- Smoking Fish
- Fly Fishing 101
- Wild Edibles
- Cross Country Skiing
- Winter Camping
- Snow Machining
- Dog Mushing

12:45 - 1:45 pm Lunch  
2:00 - 5:30 pm Session III

- Rifle Markswoman
- Intro to Shotgun
- Explore Bowhunting
- Black Bear Hunting 101
- Skinning & Hide Prep
- Salmon Leather
- Fly Tying
- Dutch Oven Gourmet
- Cross Country Skiing
- Winter Survival
- Snow Machining
- Ice Fishing

5:30 - 6:30 pm Social Hour  
6:30 - 7:30 pm Dinner  
7:30 pm Evening Program

### Sunday March 8, 2015

7:45 - 8:45 am Breakfast  
9:00 - 12:30 pm Session IV

- Safety in Bear Country
- Intro to Shotgun
- Duck Hunting 101
- Butchering Wild Game
- Fur Sewing
- Ice Fishing
- Fly Fishing 201
- Wild Edibles
- Snowshoeing
- Avalanche Rescue
- Snow Machining
- Dog Mushing

12:45 - 1:45 pm Lunch  
2:00 pm Closing



**Archery** – Learn the basics of shooting form, equipment selection, clothing and footwear. Shooting both compound and recurve bows will be covered. Class is held indoors.

**Avalanche Rescue** – Intro to avalanche rescue, learn pre-trip preparation and gear checks to ensure team members are prepared for an avalanche burial search. Learn to recognize potential avalanche situations, search priorities and use of beacon, probe and shovel to recover a buried team member. Basic medical protocols, summoning of additional assistance, evacuation priorities and where to get additional training will be discussed. Class is held in and outdoors.

**Black Bear Hunting 101** - Want to go black bear hunting but don't know where to start? In this class you will learn how, when and where to do it. Learn how to interpret game regulations, bear habitat and habits as well as choosing the appropriate gear and rifle. No actual shooting. Class is held indoors.

**Butchering Wild Game** – Learn how to remove the meat from the front and hind quarters of a big game animal, make burger and efficiently package each cut to preserve for future enjoyment. You will go home with the basic skills to properly process and store your harvest. Take home some game meat to share with family and friends. Class is held indoors. *Additional \$50 fee for this class.*

**Cross Country Skiing** – This session is an introductory class for beginning skiers. Learn classic cross-country skiing techniques from Alaska's elite skiers! Physical Requirements: Must be able to walk ½ mile. Class is held mostly outdoors. Skis, Boots and Poles are supplied. Please indicate shoe size and height on registration form.

**Dog Mushing** – Whether you want to learn about dog mushing for fun, racing or packing gear, this is the class for you. Local mushers will teach you about dog care, equipment and mushing skills. Prerequisites: Not be afraid of dogs. Physical Requirements: Must be able to jog ½ mile. Class is outdoors. *Additional \$25 fee for this class.*



**Duck Hunting 101** – Discover the excitement and basic fundamentals of duck hunting! Topics include waterfowl species, ammunition & firearm selection, gear, how to use decoys & blinds, duck calling, working with a retriever and how to clean and cook ducks. No actual shooting. Class is held indoors.

**Dutch Oven Gourmet** - Put away the power bars and freeze dried food and break out the Dutch Ovens. Cook incredible meals in the field like chicken enchiladas or homemade cinnamon rolls! Recipes and samples will be shared. Physical Requirements: Healthy appetite. Class is held in and outdoors.



**Explore Bowhunting** – Join the growing field of bowhunters! You will learn about bowhunting in Alaska, equipment, clothing, shot placement & anatomy of game animals, and other skills essential to bowhunters. (There will be no shooting in this class) Class is held in and outdoors.

**Field Dressing** – After you shoot, now what? Learn how to butcher game in the field. Instructors will talk you through it as you cut up a big game animal and pack it out of the woods. Class is held outdoors. Take home some game meat to share with family and friends. *Additional \$50 fee for this class.*

**Firearm Safety & Handling** - Learn about handling guns safely, care, selection and purchase of firearms. No actual shooting. Participants must take this class or show valid Hunter Education or NRA Certificate to participate in Intro to Shotgun and Rifle Markswoman. Class is held indoors.

**Fly Fishing 101** – Introduction to the fundamentals of fly fishing, how to choose your basic gear, rod weights and length, types of fly line, knots and rigging, fly selection and essentials of the cast. Class is held in and outdoors.

**Fly Fishing 201** – Take your fly fishing skills to the next level. This class will cover casting and presentation for those with some experience, knot variations, reading the water, fishing the fly etc. Class is held in and outdoors.

**Fly Tying** – Creating a fly to lure a fish is part science and part art. Learn to tie flies that catch fish in Alaska and how to fish those flies. Class is held indoors.

**Fur Sewing** – Now that you have trapped it, cleaned it, and tanned it, make something out of it! Learn how to make a fur handicraft and then wear it home. Class is held indoors. *Additional \$50 fee for this class.*

**Get Your Edge, Knife Skills**—You have caught your fish, harvested your big game animal or just need to cut a stick for roasting marshmallows. In this class you will learn proper knife handling and sharpening techniques. Class is held indoors.



## Workshop Class Descriptions

**Ice Fishing** – Learn how to fish through a hole in the ice! You will learn ice safety, equipment, bait selection and how to catch monster fish! 2015 Alaska sport fishing license is required.



**Intro to Shotgun** – Interested in bird hunting or clay target shooting? Learn the basic fundamentals of shooting at moving targets. You will be breaking clay targets before you know it! Prerequisites: Firearm Safety Class or valid Hunter Education or NRA Certificate. Physical Requirements: Ability to hold a shotgun and withstand minimal recoil. Class is held outdoors.

**Map & Compass** – Gain confidence in the outdoors by learning how to know where you are and how to get where you want to be. Learn basic compass and map reading skills and how to orient your map with your compass. Class is held in and outdoors.

**Moose Hunting 101** - Want to go big game hunting but don't know where to start? In this class you will learn how, when and where to do it. Learn how to interpret game regulations, moose habitat and habits as well as choosing the appropriate gear and rifle. No actual shooting. Class is held indoors.

**Pond to Pan** – You've caught it, now what? After it is out of the water, try cleaning, filleting, cooking, freezing and other ways to make your catch last all year. Tasting required! Class is held indoors.

**Rifle Markswoman** – This class will teach you how to shoot .22 rifles safely and accurately. Learn basic shooting techniques and positions. Prerequisites: Firearm Safety Class or valid Hunter Education or NRA Certificate. Physical Requirements: Ability to hold a rifle and withstand minimal recoil. Class is held outdoors.

**Safety In Bear Country** - Learn how to protect yourself from wildlife in defense of life or property situations. Learn bear behavior, how to properly use bear spray, and set up a bear safe camp using an electric fence. Class is held indoors.

**Salmon Leather** –Don't let that fish skin go to waste; learn how to care for your harvest! This class will teach you how to process fish skin into fish leather and create a pair of earrings. This is a hands - on class held indoors.

**Skinning & Hide Prep**– Don't let that hide go to waste; learn how to care for your harvest! This class will teach you how to skin and care for your critters hide before it goes to the tannery. This is a hands -on class held indoors.

**Small Game Hunting** - Want to go small game hunting but don't know where to start? In this class you will learn how, when and where to do it. Learn how to interpret game regulations, game bird and snowshoe hare habitat and habits as well as choosing the appropriate gear and firearm. Learn how to clean game birds and snowshoe hare. No actual shooting. Class is held indoors.

**Smoking Fish** – Save that salmon by drying and smoking so you can enjoy your fish year round. You will learn how to fillet, brine and smoke salmon. This class is held indoors.

**Snowshoeing** – Learn how to hike through the snow with ease! Make tracks and enjoy a winter hike with your group. Physical Requirements: Walk 1 mile. Class is held in and outdoors.

**Snow Machining** – Learn basic snow machine safety and handling skills along with trail etiquette and simple maintenance tips. Then hop on your machine and go for a trail ride. Physical Requirements: Ability to stand for 45 minutes, ability to lift and twist while holding 25lbs.

**Trapping** - Think you may be interested in trapping? Expert trappers will teach you about various furbearer habits, habitat, trap types, and trapping techniques. Class will be held in and outdoors.

**Wild Edibles**– We are surrounded by a variety of wild edible plants, berries, herbs, mushrooms and intertidal treats. Learn how to identify and prepare these local delicacies.

**Wildlife Tracking** – Learn about Alaska's fur bearing critters, where they live and how to identify their tracks. Then go for a stroll on snowshoes and try to identify various animal signs. Class is held in and outdoors.



**Winter Camping** – Learn how to prepare for a winter camping trip, including, where to go, clothing and gear needed, food, staying warm, and the basics of how to stay safe if you find yourself in a survival situation. Where to learn more about winter travel is also covered. Class is held in and outdoors.

**Winter Survival** - Learn how to prepare for a winter outing and the basics of how to stay safe if you find yourself in a survival situation. Learn basic survival priorities, dressing for winter travel, building emergency shelters, starting a fire, melting snow for water, signaling for help, assembling a survival kit, and where to learn more about winter travel. Class is held in and outdoors.

- **Refund Policy! Read Carefully!** When you sign your registration form you are agreeing to these terms!
- **Cancellation Deadline: is March 1st, if you cancel before this date a \$50 processing fee (no exceptions) will be deducted from your refund.** Registrants who decide not to attend and who do not cancel before March 1st will be assessed the full program fee. You may transfer your registration to a friend or relative upon approval of the workshop coordinator. Please email: [dfg.dwc.southcentralbow@alaska.gov](mailto:dfg.dwc.southcentralbow@alaska.gov)
- **Confirmation:** Upon receipt of your registration and payment we will send you a confirmation email. **TEN DAYS** prior to the workshop we will send you an email with your classes, a list of appropriate clothing, and driving directions.
- **Equipment:** All equipment will be provided unless otherwise noted in the course descriptions. Feel free to bring your own equipment. **PLEASE DO NOT BRING FIREARMS, AMMUNITION, ARROWS OR KNIVES.**
- **Fishing Licenses:** Ice Fishing classes require a 2015 Alaska Sport Fishing license. You can bring your license with you or purchase one at the workshop.
- **Lodging:** will be in heated bunkhouses with electrical outlets which contain up to 12 bunk beds. Bathrooms and shower facilities are located in a nearby building. Please bring your own bedding and towels. Please indicate any special needs regarding handicap access on your registration form.
- **Medical Conditions:** If you have any medical conditions that may limit your ability to participate in these activities please consult your physician prior to registration.
- **Pets:** Pets are not permitted on Victory Bible Camp property.
- **Pregnancy:** If you are pregnant please consult your physician prior to registration.
- **Registration Process:** The "Becoming an Outdoors-Woman" program is designed to help introduce people to the outdoors. Workshops are lots of fun, and many participants have attended repeatedly. Although we are delighted that you enjoy our efforts, our primary responsibility is to reach new people who want to learn outdoor skills. As a result, those who have not attended a Winter Workshop in Alaska will be given the first opportunity to register. Registration forms from newcomers received before February 15th will be processed immediately in order received. Registration forms from "experienced" participants (those who have attended more than **THREE** Winter Workshop before) received prior to February 15th will be date stamped, and held until February 15th. On and after February 15th, **ALL** remaining and incoming registration forms will be processed in the order of the date stamps. If the workshop fills, remaining applications and tuition checks will be returned.
- **Scholarships:** A limited number of partial scholarships may be available to **FIRST TIME** participants. Please email [dfg.dwc.southcentralbow@alaska.gov](mailto:dfg.dwc.southcentralbow@alaska.gov) for additional information.
- **Smoking & Drinking:** Victory Bible Camp is smoke-free facility and alcohol is prohibited. Smoking is only permitted in personal vehicles.
- **Special Class Fees:** Some classes require an additional fee for materials. Please include the additional fee with your registration.
- **Special Needs:** If you have any special needs, including dietary requirements or special needs that require assistance please indicate this on the registration form. We will try to accommodate your needs.
- **What to Bring:** Classes are outdoors and hands on. For your safety & comfort it is important for you to bring warm clothing. Be prepared to dress in layers, including: winter boots, hat, gloves, winter coat, and winter pants.
- **Workshop Fee:** \$275, this includes instruction in all sessions, program materials, equipment use, lodging and meals. Check or Money Order made payable to OHFA (Outdoor Heritage Foundation of Alaska). Visa or Master Card payments will indicate OHFA as the vendor on your bank statement.
- **Workshop Funding:** The BOW program is made possible by the cooperative efforts of the Alaska Department of Fish & Game (ADFG) and the Outdoor Heritage Foundation of Alaska (OHFA). The OHFA is a nonprofit organization dedicated to education in hunting and fishing. The OHFA is supported by donations from individuals, companies and organizations with an interest in sharing their enthusiasm for outdoor activities.

Each year, we try to make the BOW workshops break even financially, so that we are able to continue the program. One way we do this is by holding a Silent Auction at each workshop. If you have any items, especially those that are outdoor-related and that you would like to donate to the cause, please bring them to the workshop. These items may be new or used, though should be in good shape and have some useful life remaining. Also, bring your spare change, mad money, credit card or check book and you could go home with the bargain of the century!



# Registration Form

## Becoming an Outdoors-Woman Winter Workshop

### March 6-8, 2015, Chickaloon, Alaska

Only one person may register per form. Please photocopy both pages for additional registrations.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Cell \_\_\_\_\_

Email \_\_\_\_\_

Concurrent Sessions: Please select your first (1), second (2) and third (3) choice for each session by marking the appropriate box with a 1, 2, or 3. We try to give everyone their first choice, but if a class full you will be placed in your second or third choice.

Session I (Choose 1, 2, and 3) Friday Afternoon 2:00 – 5:30	Session II (Choose 1, 2, and 3) Saturday Morning 9:00 – 12:30	Session III (Choose 1, 2, and 3) Saturday Afternoon 2:00 – 5:30	Session IV (Choose 1, 2, and 3) Sunday Morning 9:00 – 12:30
<input type="checkbox"/> Firearm Safety	<input type="checkbox"/> Rifle Markswoman	<input type="checkbox"/> Rifle Markswoman	<input type="checkbox"/> Safety in Bear Country
<input type="checkbox"/> Small Game Hunting	<input type="checkbox"/> Small Game Hunting	<input type="checkbox"/> Intro to Shotgun	<input type="checkbox"/> Intro to Shotgun
<input type="checkbox"/> Archery	<input type="checkbox"/> Archery	<input type="checkbox"/> Explore Bowhunting	<input type="checkbox"/> Duck Hunting 101
<input type="checkbox"/> Moose Hunting 101	<input type="checkbox"/> Field Dressing	<input type="checkbox"/> Black Bear Hunting 101	<input type="checkbox"/> Butchering Wild Game
<input type="checkbox"/> Wildlife Tracking	<input type="checkbox"/> Trapping	<input type="checkbox"/> Skinning & Hide Prep	<input type="checkbox"/> Fur Sewing
<input type="checkbox"/> Pond to Pan	<input type="checkbox"/> Smoking Fish	<input type="checkbox"/> Salmon Leather	<input type="checkbox"/> Ice Fishing
<input type="checkbox"/> Get Your Edge	<input type="checkbox"/> Fly Fishing 101	<input type="checkbox"/> Fly Tying	<input type="checkbox"/> Fly Fishing 201
<input type="checkbox"/> Dutch Oven Gourmet	<input type="checkbox"/> Wild Edibles	<input type="checkbox"/> Dutch Oven Gourmet	<input type="checkbox"/> Wild Edibles
<input type="checkbox"/> Ice Fishing	<input type="checkbox"/> Cross Country Skiing	<input type="checkbox"/> Cross Country Skiing	<input type="checkbox"/> Snowshoeing
<input type="checkbox"/> Map & Compass	<input type="checkbox"/> Winter Camping	<input type="checkbox"/> Winter Survival	<input type="checkbox"/> Avalanche Rescue
<input type="checkbox"/> Snow Machining	<input type="checkbox"/> Snow Machining	<input type="checkbox"/> Snow Machining	<input type="checkbox"/> Snow Machining
<input type="checkbox"/> Dog Mushing	<input type="checkbox"/> Dog Mushing	<input type="checkbox"/> Ice Fishing	<input type="checkbox"/> Dog Mushing

\* BOW Firearm Safety, Hunter Education or NRA certification is required in order to participate in Rifle Markswoman or Shotgun classes. Hunter Education Certificate #: \_\_\_\_\_ State of issue: \_\_\_\_\_

#### Workshop Fee (check options)

- ☐ \$275 Registration
- ☐ \$25 Dog Mushing class fee
- ☐ \$50 Fur Sewing class fee
- ☐ \$50 Field Dressing class fee
- ☐ \$50 Butchering Wild Game class fee
- \_\_\_\_\_ Total Amount

#### Women's Shirt Size (please check one)

☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL

#### Method of Payment (check option 1 or 2)

- ☐ Check or Money Order made payable to OHFA  
(Outdoor Heritage Foundation of Alaska)
- ☐ Visa or Master Card made payable to OHFA  
(Outdoor Heritage Foundation of Alaska)

Name \_\_\_\_\_

Card # \_\_\_\_\_

EXP Date \_\_\_\_\_ CVC \_\_\_\_\_

Signature \_\_\_\_\_

**Lodging at Victory Bible Camp** will be in heated bunkhouses with electrical outlets which contain 8 to 12 bunk beds. Bathrooms and shower facilities are located in a nearby building. Please indicate preference of roommate (s), if any:

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**Car Pooling to Victory Bible Camp:**

- ☐ I Can Drive and take \_\_\_\_\_ passengers from \_\_\_\_\_
- ☐ I need a ride from \_\_\_\_\_

**For Our Information:**

Emergency Contact Name \_\_\_\_\_ Contact Phone Number \_\_\_\_\_

Do you have any special dietary needs or requests?

- ☐ Vegetarian    ☐ Diabetic    ☐ Gluten Free    ☐ Lactose Intolerant    ☐ Other (Please explain)

If you have any medical conditions, allergies, food requirements, etc., please explain:

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Any Medications:

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**Miscellaneous Information:**

Height \_\_\_\_\_ Weight \_\_\_\_\_ Boot Size \_\_\_\_\_ ☐ Right Handed ☐ Left Handed

**Refund Policy! Read Carefully!** When you sign your registration form, you are agreeing to these terms! Cancellation deadline is March 1st. If you cancel before this date, a \$50 processing fee (no exceptions) will be deducted from your refund. Registrants who decide not to attend and do not cancel before March 1st, will be assessed the full program fee. You may transfer your registration to a friend or relative upon approval of the workshop coordinator. Please email: [dfg.dwc.southcentralbow@alaska.gov](mailto:dfg.dwc.southcentralbow@alaska.gov)

**Waiver and Release Form**

All participants must sign this release. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury or illness during this activity. I acknowledge there are risks of physical injury or illness during this activity. I acknowledge there are risks of physical injury to Becoming an Outdoors-Woman participants and I agree to assume the full risk or any injuries, damages or loss, regardless of severity, which I may sustain as a result of participating in activities connected or associated with this program. I waive and relinquish all claims that I, my insurer or my family may have against Becoming an Outdoors-Woman and its officers, agents, servants and employees from claims from injuries, damages, or loss which I may have or which accrue to me an account of my participation in the above program. **I also acknowledge the refund policy stated above.** Applicant is at least 18 years of age (or will be prior to March 6, 2015)

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Photo Release**

Participants understand that photographs may be taken during the sessions and may be used in future support of the Becoming an Outdoors-Woman Program.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Please complete and submit registration forms with payment to:**

**Checks: Issue to: The Outdoor Heritage Foundation of Alaska (OHFA)**

**Mail to: ADF&G ATTN: BOW HIT**

**333 Raspberry Road, Anchorage, Alaska 99518**

**Credit Card payment: The Outdoor Heritage Foundation of Alaska (OHFA)**

**Fax to: 907-267-2323 OR**

**Email to: [dfg.dwc.southcentralbow@alaska.gov](mailto:dfg.dwc.southcentralbow@alaska.gov)**